

# RAM SPORTS

Students are encouraged to get involved in activities and athletics, and do their best in the classroom. We recommend that student athletes participate in multiple sports during their high school career. Athletics provide students with a great opportunity to be involved and explore their interests and skills. Murrieta Mesa High School is a member of the Southwestern League and competes against the other local high schools. The following is a list of sports and levels offered during the 2011-2012 school year:

## **FALL SPORTS SEASON** (August to Mid-November)

### **BOYS' SPORTS**

#### **FOOTBALL**

(Frosh, JV, Varsity)

#### **CROSS COUNTRY**

(JV, Varsity)

#### **WATER POLO**

(JV, Varsity)



### **GIRLS' SPORTS**

#### **VOLLEYBALL**

(Frosh, JV, Varsity)

#### **CROSS COUNTRY**

(JV, Varsity)

#### **TENNIS**

(JV, Varsity)

#### **GOLF**

(Varsity)



### **SPIRIT SQUAD (year long)**

(Frosh, JV, Varsity)



## **WINTER SPORTS SEASON** (November to Mid-February)

### **BOYS' SPORTS**

#### **BASKETBALL**

(Frosh, JV, Varsity)

#### **SOCCER**

(JV, Varsity)

#### **WRESTLING**

(JV, Varsity)



### **GIRLS' SPORTS**

#### **BASKETBALL**

(Frosh, JV, Varsity)

#### **SOCCER**

(JV, Varsity)

#### **WATER POLO**

(JV, Varsity)



*Athletes must pass 4 classes (20 units) and maintain a minimum 2.0 GPA each grading period to participate in the interscholastic athletic programs, per CIF regulations.*

## **SPRING SPORTS SEASON** (February to Mid-May)

### **BOYS' SPORTS**

#### **BASEBALL**

(Frosh, JV, Varsity)

#### **TRACK**

(JV, Varsity)

#### **TENNIS**

(JV, Varsity)

#### **GOLF**

(Varsity)

#### **SWIMMING**

(JV, Varsity)



### **GIRLS' SPORTS**

#### **SOFTBALL**

(Frosh, JV, Varsity)

#### **TRACK**

(JV, Varsity)

#### **SWIMMING**

(JV, Varsity)



## Step to Achieving NCAA Eligibility

### **Freshmen and Sophomores**

1. Start planning now.
2. Take classes that match your school's list of approved core courses.
3. You can receive a list of your school's approved core courses at [www.eligibilitycenter.org](http://www.eligibilitycenter.org).

### **Juniors**

1. At the beginning of junior year, register at [www.eligibilitycenter.org](http://www.eligibilitycenter.org).
2. Register to take the ACT, SAT, or both and use the Eligibility Center code (9999) as a score recipient.
3. Double check to make sure the courses taken match your school's list of approved core courses.
4. Ask your guidance counselor to send an official transcript to the Eligibility Center after completion of junior year. If you attended more than one high school, the Eligibility Center will need official transcripts from all high schools attended.
5. Before registration for classes for senior year, check with the guidance counselor to determine the number of core courses needed to complete senior year.

### **Seniors**

1. Take the SAT and/or ACT again, if necessary. The Eligibility Center will use the best scores from each section of the ACT or SAT to determine the best cumulative score.
2. Continue taking college-preparatory courses.
3. Check the courses you have taken to match your school's list of approved core courses.
4. Review your amateurism certification on or after April 1 (for fall enrollees) or October 1 (for spring enrollees).
5. Graduate on time (in eight academic semesters). If you fall behind, use summer school sessions before graduation to catch up.

# NCAA CLEARINGHOUSE REQUIREMENTS

The following courses meet admission requirements

## NCAA

The NCAA, National Collegiate Athletic Association, serves as the athletics governing body for more than 1300 colleges, universities, conference and organization. It has established rules regarding eligibility, recruiting and financial aid for three membership divisions: Division I, Division II and Division III. Institutions are members of a division according to the size and scope of the athletic program and whether or not scholarships are provided.

Recent studies have shown that the percentage of men and women being offered a NCAA Division I full scholarship is 0.08%. There are over 25,000 high schools in the nation with student-athletes pursuing collegiate athletic scholarships. In other words, it's easier to become a National Merit Scholar Finalist than to receive a **“full ride”** athletic scholarship. It is important to understand that high school coaches are not responsible for procuring student-athletes college scholarships. However, coaches are diligent in assisting students both academically and athletically.

## NCAA Eligibility Center

If a student is planning to enroll in college as a freshman and foresees participating in Division I or Division II athletics, one must be certified by the NCAA Eligibility Center. The Center ensures consistent interpretation of NCAA initial-eligibility requirements for all prospective student-athletes at all member institutions. It certifies the academic in addition to the amateur credentials of all potential college-bound student-athletes.

### NCAA Eligibility Center

Certification Processing  
P.O. Box 7136  
Indianapolis, IN 46207-7136

### NCAA Eligibility

P.O. Box 6222  
Indianapolis, IN 46206-6222  
(317) 917-6222

### Eligibility Center Customer Service

Toll free (877) 262-1492  
Fax (317) 968-5100

### Web address

[www.eligibilitycenter.org](http://www.eligibilitycenter.org)

## NCAA Eligibility Center Registration

**Online Registration:** To create an account, either click on the “New Account” button at the top right of the screen or the cell phone on the left side of the screen.

**Account Creation:** You will need to provide a valid e-mail address to create an account and begin the registration process. Be sure to provide an e-mail address that will be active even after high school completion.

**About Me:** In this section, you need to pass along some quick facts such as your name, date of birth, gender and where you live.

**My Coursework:** You will need to enter the name and location of the current high school of attendance. If you have attended more than one high school (including summer school) during grades 9, 10, 11 or 12, you will need to have that information ready as well. List all the schools previously attended. Make sure to include all schools whether you received grades or credits.

**My Sport:** In this section, select the sport (s) you plan to participate in at a NCAA Division I or II school. The Eligibility Center will also ask about the high school and/or club teams you have been a part of and other event participation during your high school career.

**Payment:** Your account will be eligible for processing only with payment of an application fee of \$60.

# MURRIETA MESA HIGH SCHOOL

*The Legacy*

*Continues with...*

***RAM PRIDE!***